BLACKBIRD FOR TRAINING

Crisis Management & Leading Under Pressure

Casablanca (Morocco)

6 - 10 October 2025

UK Traininig

PARTNER

www.blackbird-training.com

Crisis Management & Leading Under Pressure

Code: LM28 From: 6 - 10 October 2025 City: Casablanca (Morocco) Fees: 3300 Pound

Introduction

This highly participative seminar will help you to develop your leadership skills to lead others in times of crisis, pressure and stress. You will obtain the latest insights into what makes a leader able to manage themselves and others during times of crisis. The best way of dealing with a crisis is to avoid one in the first place. But if crises are inevitable due to a growing number of factors then your business needs to identify their vulnerabilities and map out possible crisis scenarios. By applying these skills to the tasks and challenges you face in your work, you will begin to experience breakthroughs you never thought possible.

Course Objectives

- Understand and better appreciate the importance of managing stress and pressure.
- Build and develop leadership skills for handling stress, pressure, and crisis.
- Become familiar with how the different personality styles respond to stress and pressure and identify their style in coping with stress.
- Learn how to cultivate a positive mindset for in times of crisis.
- Learn how to lead others during times of crisis.
- Acquire an in-depth knowledge of the key aspects of Strategic Crisis Management.
- Understand the anatomy of a crisis and what should be in place before, during and after an event.
- Learn how to generate ownership and responsibility by all stakeholders to ensure the organization responds efficiently and effectively.

Course Outlines

Day 1: Personal Leadership Skills for Handling Pressure & Stress

- Stress and its effects on the body, mind, and spirit.
- Holistic response to stress.
- Relationship between mind and body.
- Personality styles and response to stress.
- Understanding Introvert and Extravert responses to stress.

Day 2: Enhancing Communication Skills In Times of Stress

- Passive & aggressive responses.
- Assertive communication during stressful times.
- Managing conflicts during times of stress.
- Giving and receiving criticisms during stressful moments.
- Resolving conflicts constructively during times of pressure.

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Day 3: Leading with Confidence During Challenging Times

- Coping with sudden change.
- Leading others during sudden changes.
- Recognizing the symptoms of short term and long term effects of stress.
- Motivating yourself and others under pressure.
- Building confidence during stressful times.

Day 4: Improving Leadership Effectiveness in Managing Crisis

- Utilizing creativity in crisis.
- Recognizing opportunities for change in a crisis.
- Helping the team look for creative opportunities.
- Practicing creative leadership in facing a crisis.
- Removing blocks to creative solutions in a crisis.

Day 5: Developing & Training Your Team to Handle Pressure, Stress, and Crisis

- Training and developing employees to handle stress and pressure.
- Stress handling techniques for you and your employees.
- Helping the team to see the positive side of change in the workplace.
- Implementing creative problem-solving skills for your team when facing a crisis.
- Developing a personal action plan.

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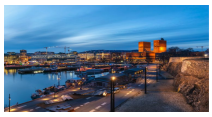
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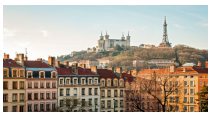
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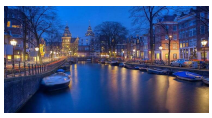
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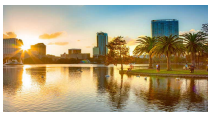
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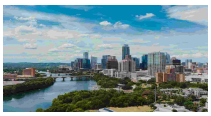
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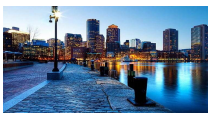
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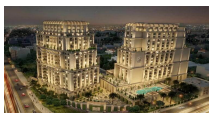
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